




Prominent Reduction of Loneliness among Older Migrants through Interventions and Social Engagement (PROMISE)



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Consortium

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Cooperation partners



Orhan en Partners



Leyden Academy
ON VITALITY AND AGEING



GEMEENTE TILBURG

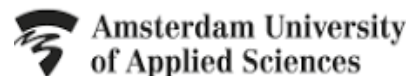


Gemeente Utrecht

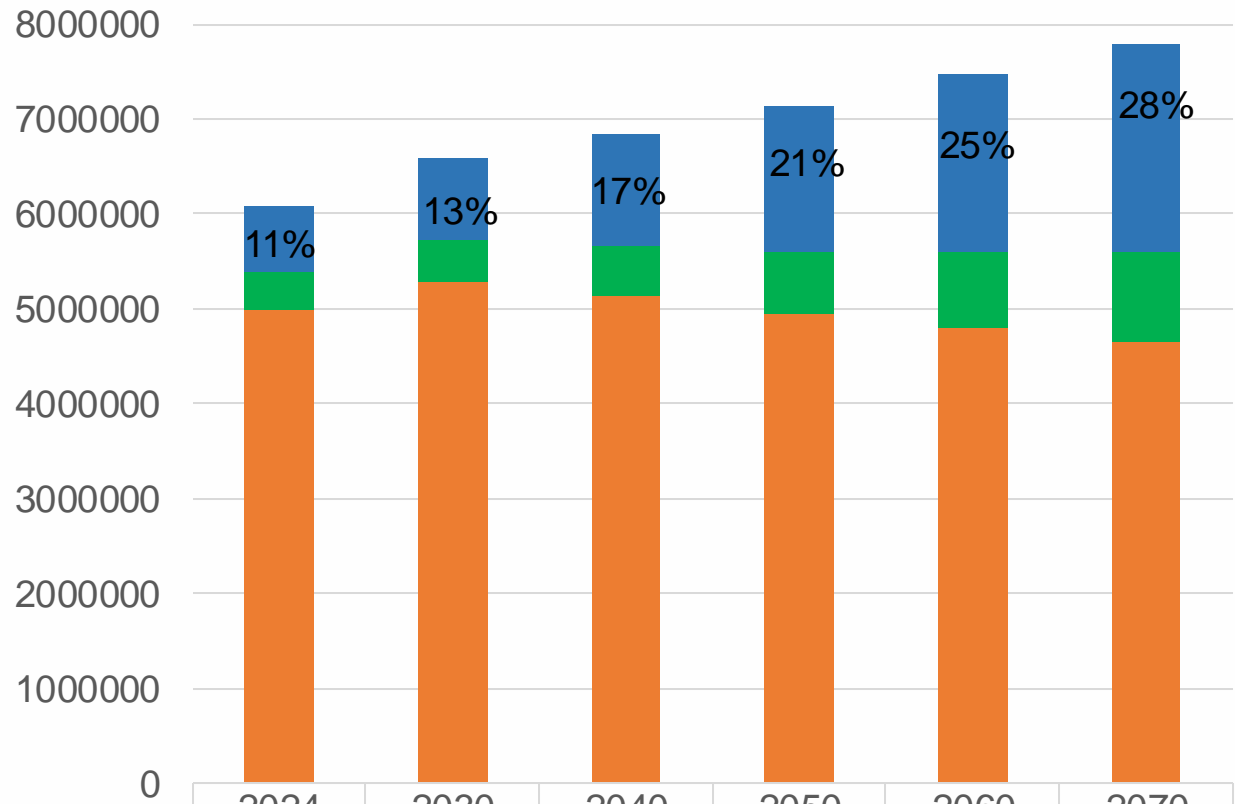


Gemeente Rotterdam

Radboud Universiteit



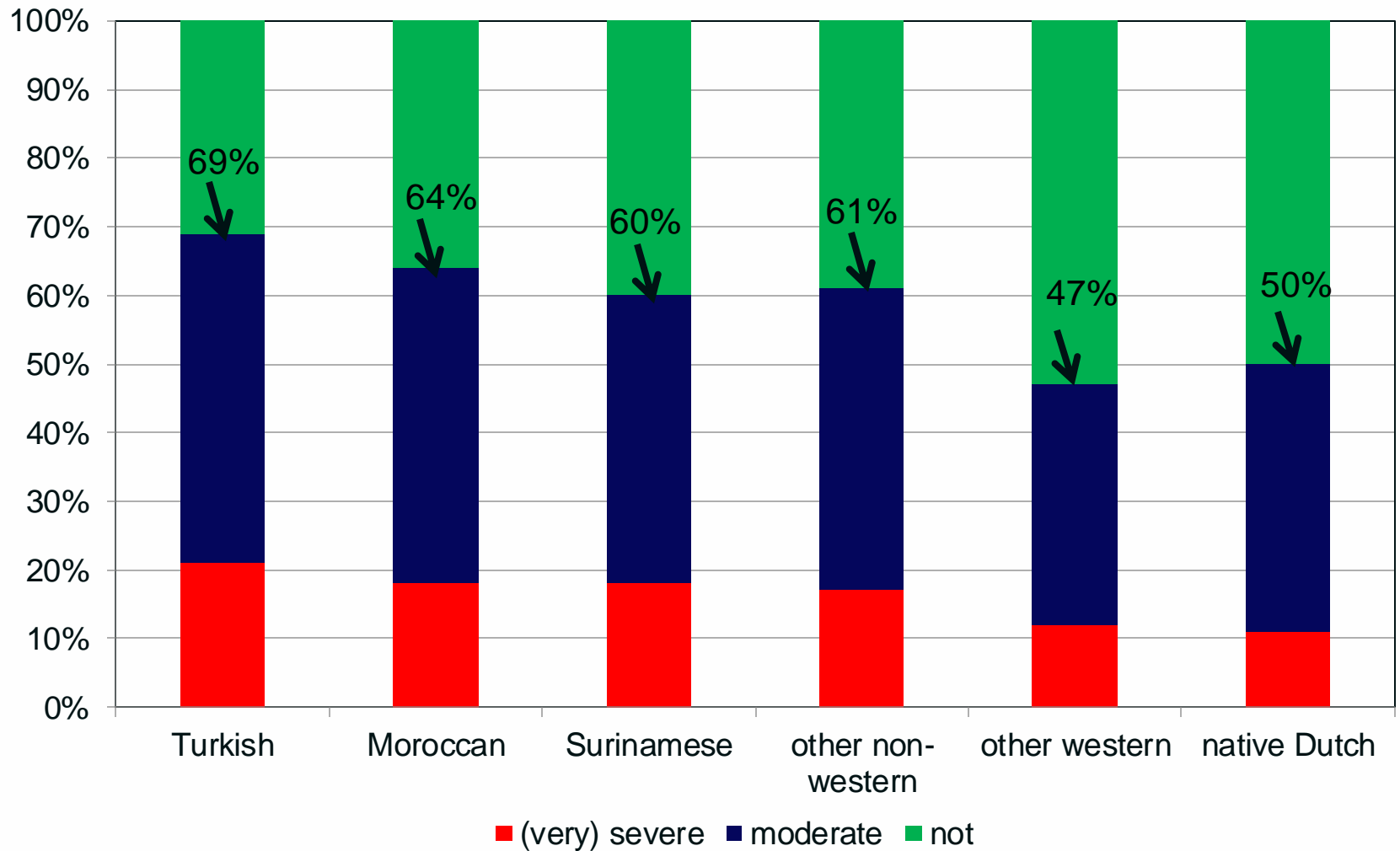
Older adults (aged 55+) by origin



Source: Statistics Netherlands, Statline



Loneliness (%) among older adults (aged 65+) in the four big Dutch cities, by origin



Source: Health Monitor 2012
El Fakiri & Bouwman-Notenboom (2015)



Many older migrants are not reached by or benefit from existing interventions

Bottlenecks, challenges, research objectives and method:

1. There is a taboo on speaking openly about loneliness that keeps older migrants from participating in interventions

-> Breaking the taboo within family and community

Investigate the prevalence and manifestations of taboo surrounding loneliness among older migrants from the perspectives of older migrants, their children and the community

In-depth interviews with older migrants from four countries of origin (former Dutch Indies, Turkey, China, Iran - 20 per group) and one of their children (10 per group)

PLA (Participatory Learning and Action) sessions with people from different migrant communities (Pharos)

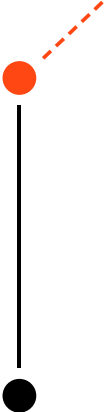




Many older migrants are not reached by or benefit from existing interventions

Bottlenecks, challenges, research objectives and method:

2. Feelings of loneliness among older migrants are poorly recognised by professionals which prevents them from providing the necessary support

Barriers to initiate the conversation:

- Unfamiliarity with cultural values and norms; fear of saying something wrong, crossing boundaries, appearing disrespectful
 - Awareness of the taboo around discussing feelings of loneliness; wanting to avoid being too direct, fear of causing more harm than good by raising the issue
- > More cultural sensitivity among professionals
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Adapting the training programme ‘In gesprek over eenzaamheid’ (In conversation about loneliness) to older migrants (Movisie)

Translating insights from in-depth interviews and PLA sessions into practice

Pilot at five locations, evaluation with participants after completion and six months later

Handbook (Movisie) and e-learning (Leyden Academy)

Many older migrants are not reached by or benefit from existing interventions

Bottlenecks, challenges, research objectives and method:

3. Only a few loneliness interventions are designed specifically for older migrants (Salway et al., 2020; van de Maat et al., 2020)
4. Most interventions are primarily aimed at increasing the individual's opportunities for social relationships by offering meeting places




Loneliness \neq Social isolation!

An intervention can only be effective if it matches the cause of loneliness!



Many older migrants are not reached by or benefit from existing interventions

Causes of higher levels of loneliness among older migrants

- Disproportionate exposure to general risk factors (Burholt et al., 2018; de Jong Gierveld et al., 2015; van Tilburg & Fokkema, 2021; Victor et al., 2021)
e.g., poorer health; lower socioeconomic status; less diverse social network; lower level of social participation; lower mastery
 - Migrant-specific risk factors (Cela & Fokkema, 2017; Horn & Fokkema, 2023; Klok et al., 2017; Lindenberg et al., 2023; Visser & El Fakiri, 2016)
e.g., limited host language proficiency; experienced ethnic discrimination; adaptation problems; feelings of loss regarding country of origin; traumatic experiences
 - Cultural (Hossen, 2012; Kalmijn, 2019; ten Kate et al., 2021)
 - Too high or unrealistic expectations (strong filial norms)
 - Lack of quality of relationships (being present ≠ giving attention; intergenerational conflicts; conflicting views on returning, travelling back and forth)
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-> Move away from the stereotypical image of a lonely person as someone with a small social network and from a one-size-fits-all approach to loneliness






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Challenges for research and practice:


3. Only a few loneliness interventions are designed specifically for older migrants (Salway et al., 2020; van de Maat et al., 2020)
 4. Most interventions are primarily aimed at increasing the individual's opportunities for social relationships by offering meeting places
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Development of risk- and intervention profiles using existing datasets

Translate these profiles into personas (illustrated posters – Movisie; animation videos – Leyden Academy)



After adjustments, evaluation of four promising resp. well-described interventions for older migrants (GO-WIN - Gezond Oud Worden in Nederland; Op weg met veerkracht; Tegen eenzaamheid in co-creatie; In je Uppie)





Thank you for your attention!

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